

Order Total	Shipping
.01 - 20.00	\$ 8.00
20.01 - 100.00	\$12.00
100.01 - 175.00	\$15.00
OVER \$175	FREE SHIPPING!

Name _____

CC Address _____ City _____ State _____ Zip _____

Ship To (if different) _____ City _____ State _____ Zip _____

Phone _____ Fax _____ Email _____

Visa, MC, Discover, Amex _____ Expiration _____

	ITEM	UNIT	ITEM #	QTY	COST	TOTAL
Packs	MAGNESIUM STARTER PACK	PACK	72001		\$98.00	
	MAGNESIUM PRILL PACK	PACK	92001		\$105.60	
	ULTIMATE BATH PACK	PACK	82001		\$137.25	
Magnesium Oil	Magnesium Oil	2 Ounces	22002		\$5.75	
	Magnesium Oil with Flip Top Cap	4 Ounces	22004		\$7.15	
	Magnesium Oil with DROPPER TIP	4 Ounces	22003		\$7.15	
	Magnesium Oil with Flip Top Cap	12 Ounces	22012		\$11.45	
	Magnesium Oil with Flip Top Cap	16 Ounces	22016		\$15.20	
	Magnesium Oil	64 Ounces	22064		\$45.50	
	Magnesium Oil	1 Gallon	22128		\$65.00	
Magnesium Gel	Magnesium Gel ~ with Seaweed Extract	2 Ounces	07002		\$6.20	
	Magnesium Gel ~ with Seaweed Extract Flip Top Cap	4 Ounces	07004		\$9.30	
	Magnesium Gel ~ with Seaweed Extract Flip Top Cap	12 Ounces	07012		\$15.60	
	Magnesium Gel ~ with Seaweed Extract	64 Ounces	07064		\$48.75	
	Magnesium Gel ~ with Seaweed Extract	1 Gallon	07128		\$68.25	
Magnesium Bath Crystals	Magnesium Bath Crystals ~ 1 bath trial size	75 Grams	19075		\$4.30	
	Magnesium Bath Crystals ~ 5 to 8 baths	3/4 Pound	19341		\$10.00	
	Magnesium Bath Crystals ~ 10 to 16 baths	1.75 Pounds	19795		\$17.90	
	Magnesium Bath Crystals ~ 33 to 50 baths	5.5 Pounds	19005		\$45.75	
	Magnesium Bath Crystals ~ 84 to 127 baths	14 Pounds	19014		\$102.95	
Magnesium Prills	Magnesium Prills Packaged in an Organza Satchel	90 Grams	23090		\$18.20	
	Magnesium Prills - makes 1 Laundry Pouch or 5 Satchels	1 Pound	23001		\$44.50	
	READY MADE! Magnesium Prills LAUNDRY POUCH	1 Pound	23126		\$50.00	
	Magnesium Prills BATH BALL	2 Pounds	23002		\$54.35	
	Magnesium Prills BULK	7 Pounds	23007		\$160.00	
	Magnesium Prills BULK	50 Pounds	23050		\$475.00	
	Organza Bag ~ Holds 90 grams of Magnesium Prills	3" X 4"	13013		\$1.50	
	Organza Bag ~ Holds 2 pounds of Magnesium Prills	6" x 4"	13015		\$1.50	
	FABRIC to make a Laundry Pouch	Each	13025		\$2.50	
Pump	Pump Dispenser for 64 oz Oil or Gel	Pump	13064		\$6.00	
	Pump Dispenser for Gallons Oil or Gel	Pump	13010		\$6.00	
Btl & Sprayer	Empty 4 Ounce Bottle With Sprayer ~ Oil ONLY	Set	51904		\$4.10	
	Empty 12 Ounce bottle With Sprayer ~ Oil ONLY	Set	51912		\$4.10	
	Empty 16 Ounce bottle With Sprayer ~ Oil ONLY	Set	51916		\$4.10	
Dropper Tip	Empty 4 Ounce Bottle with DROPPER TIP	Set	50404		\$2.80	
Btl & Flip Top	Empty 4 Ounce Bottle With Flip Top Cap ~ Oil or Gel	Set	50604		\$2.80	
	Empty 12 Ounce bottle With Flip Top Cap ~ Oil or Gel	Set	50612		\$2.80	
Sprayer ONLY	Sprayer for 4 ounce bottle ~ Oil ONLY	Sprayer	13004		\$3.10	
	Sprayer for 12 ounce bottle ~ Oil ONLY	Sprayer	13012		\$3.10	
	Sprayer for 16 ounce bottle ~ Oil ONLY	Sprayer	13016		\$3.10	
Laminar Mica Crystals	Laminar Mica Crystals	1.75 Pounds	31795		\$12.90	
	Laminar Mica Crystals	4 Pounds	31004		\$23.60	
	Laminar Mica Crystals	30 Pounds	31030		\$110.50	
Mag Snow	Magnesium Snow ~ 25+ baths!	75 Grams	71075		\$17.20	
FG Mica	Fine Ground Mica Crystals ~ 25+ baths!	100 Grams	51100		\$14.30	
Hemp Products	Rocky Mountain Hemp Hearts	1 Pound	26454		\$14.50	
	Rocky Mountain Hemp Hearts ~ Case \$13.75/lb	9 Pounds	26901		\$123.75	
	More Than A Square Meal Bar ~ Single Bar	200 grams	choose flavor		\$7.50	
	More Than A Square Meal Bar ~ 11 bar variety	200 grams	16014		\$82.50	

Missouri residents add 6.475%

Prices Effective April 29, 2010 www.health-and-wisdom.com Email sales@health-and-wisdom.com
Health and Wisdom Inc. 321 Route Y • Arcola, MO 65603-7703 • Toll Free Phone 877-852-5641 • 417-424-1040 • Fax 888-424-3294
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